

2008

2009

DOVER RECREATION NEWS



We offer something for everyone!
www.ci.dover.nh.us/recreation
 Come check us out!

READ ALL ABOUT US!



Table of Contents:

Senior Programs	2
Dover Ice Arena	3-4
Youth Indoor Soccer	4
Basketball Programs	5
Gym & Pool Schedules	6
Aquatic Programs	7
Holiday Programs	8



Dover Community Senior Center

Everyone is Welcome!

61 Locust Street, McConnell Center, Door # 1



The Dover Community Senior Center is part of Dover Recreation and welcomes all adults 50+ years old. Please check out our facilities at the McConnell Center. Membership is \$15 per year for residents or \$20 per year for non-residents and offers daily activities, monthly socials, eligibility to go on senior trips with group rates, eligibility to get a Dover Public Library card, use of Dover Recreation's fitness areas Monday through Fridays from 9am - Noon, and special programming throughout the year. Your membership also helps to support the daily operations of the center. We are always looking for new program and trip ideas. If you have a program idea, day trip suggestion or a skill you are willing to teach, we want to hear from you!

Senior Center Hours:

Monday through Friday 9:00am - 3:00pm

(603) 516-6436

Travel Office:

Tuesday & Thursday 9:00am - 3:00pm

(603) 516-6437

Senior Center is
closed on the following
dates:

2008: 10/13, 11/11, 11/27,
11/28, 12/25, 12/26

2009: 1/1, 1/19, 2/16,
5/25, 7/3

Monthly Socials

Socials are a great way to get together, meet new people, see old friends, enjoy some entertainment or listen to an informative speaker and find out what's going on in the center. Socials are held the last Friday of the month.

Look for information in the Dover Community Senior Center monthly newsletter!

Visiting Nurse

Visits the Center Every Month!

A Visiting Nurse will visit seniors in the center to do blood pressure checks the last Thursday of every month from 10:00-11:00am!

Senior Book Club

The Senior Book Club meets the last Tuesday of the month from 11:00am-12:00pm in the Senior Center living room. Each month a book is picked to be read and discussed the following month. Everyone welcome, please join us!

Fitness Classes

We offer a variety of Fitness and Yoga classes throughout the year - please check in at the Senior Center for current sessions and availability!

Senior Recurring Daily Activities

Mondays: 10:00am - Poker
12:30pm - Cribbage
Tuesdays: 12:00pm - Bridge
Wednesdays: 12:30pm - Canasta
Thursdays: 9:30am - Scrabble
12:00pm - Whist
Fridays: 10:00am - Scat
12:30pm - Bingo*

*No Bingo will be held when monthly socials and special events are on Fridays.

~Volunteer Bingo callers are needed every Friday, please sign up at the Center~

Travel Department

We have a very active travel department - whether you want to go on a local day trip or to Daytona Beach - we have the trip for you! Check in with our travel department for more information. The travel office is open Tuesdays & Thursdays from 9am - 3pm or call 516-6437!

Special Events

We offer many other activities including Mystery Luncheons, Influenza and Pneumonia Immunizations, a Christmas Dinner, a home safety and fall prevention workshop, a craft fair and self-guided day trips. Please contact the Senior Center or check out our Monthly Newsletter for more information!

Dover Ice Arena

Check us out at
www.doverarena.com
for more program info, schedules,
stats, special events, and much more!

Robert Foster Rink and Charles E. Holt Rink
(603) 516-6060
110 Portland Avenue
Dover, NH 03820

Dover Arena reserves the right to
make schedule changes as necessary

Public Skating

Instructional Public Skate: Skaters can practice any figure skating style during these sessions. Skaters may contact a Pro directly to arrange lessons or practice figure skating moves on their own. No stick or pucks allowed.

Recreational Public Skate: Skaters may skate for exercise and fun around the rink to our sound system. No figure skating lessons, moves or hockey sticks will be allowed during these sessions.

Public Skate Fees	
Adult (18-61)	\$6.00
Youth (4-17)	\$5.00
Seniors (62+)	\$5.00
Tots (3 and under)	Free
Skate Rental	\$4.00
Skate Sharpening	\$5.00

**All Public Times and
schedules are subject
to change!**

Sept. 1 - March 31

Monday - Friday

Instructional:

10:00am-12:00pm

Recreational:

12:00pm-2:00pm

Sept. 2 - Oct. 28

Recreational:

Tuesdays 3:30-4:50pm

Sept. 4 - Nov. 6

Instructional:

Thursdays 3:30-4:50pm

Sept. 7 - March 29

Recreational:

Sunday 1:30-2:50pm

NO Public Skate on
9/21, 11/9, 11/27, 12/25, 2/15, 3/1, 3/8.

ROCK NIGHT

**ROCK AND SKATE
TO DJ LIGHTS AND MUSIC!!!
SATURDAY NIGHTS - HOLT RINK
8:30-10:30PM
\$10/PERSON
PRICE INCLUDES RENTAL SKATES IF NEEDED**

Adult Stick Practice

Ages 18 and over

Monday - Friday

September 1 - April 3

11:30am - 1:00pm

*There will be no Stick Practice on
11/27 or 12/25*

\$10/player - Goalies Free!

Helmet required; limit 20 skaters
2 Goalies

High School Stick Practice

Grades 9-12 (as of 9/2008)

Thursdays

September 4 - November 6

3-5pm

\$8/player

Full Equipment Required!
Limit 20 skaters and 2 Goalies

Youth Stick Practice

Grades 8 and below (as of 9/2008)

10:00 - 11:20 AM for School Holidays and
Vacations. Please call in advance to confirm!
(603) 516-6060.

\$6/player

Full Equipment Required!
Limit 40 skaters
No Parents allowed on the ice!

Dover Arena is proud to be home of:

Dover High Hockey
Berwick Academy Hockey
St. Thomas Aquinas Hockey
Marshwood High Hockey
Great Bay Figure Skating Club (603) 749-5899
Dover Youth Hockey www.doverhockey.org
Seacoast Spartans (603) 742-9889
Dover Junior Seawolves

**Call us about our
Birthday Party Packages!
Have your birthday on ice!**

All times are subject to change. Please
call to confirm dates and times!

(603) 516-6060

www.doverarena.com



Learn to Skate for fun or hockey!

Great Bay Figure Skating will be running skating lessons at the Dover Ice Arena, Saturday mornings 11:20-12:20pm. Registration

forms are available at the arena, or by email. Five sessions will be offered. Each session is 5 or 6

weeks long. For more information, call 749-5899, log onto: www.greatbayskating.org or email learn2skate@greatbayskating.org. First session begins September 13th!

Dover Coed Hockey League

All players register individually and are drafted to a team to ensure parity among teams. The draft is September 15th starting at 9pm. Players must register prior to the draft to be eligible to play. Schedules, stats, and updates are posted at www.doverarena.com. Jerseys are provided.

C Division - 9/22/08 - 3/30/09

20 game regular season plus playoffs

\$430/player; Goalies Free!

Split season fee: \$230/player

Games are Mondays between 8 - 10pm

An intermediate league for adults 18 and over.

Non contact - no Slap shots

B Division - 10/12/08 - 4/26/09

More advanced players

Games are Sundays

Intro to Youth Hockey

Program designed for children ages 5-13 who have had beginner skating instruction. Children will receive instruction on basic concepts of stick and puck skills as they relate to the game of hockey. Full equipment is required.

Fridays 8/22-10/17/08

5:00-5:50pm

8 week session

\$135/player



Dover Women's Hockey

A beginner-intermediate league for women 16

and over. This recreational league focuses on skill enhancement and fun. This is a safe, non-contact league. Players register individually and will be drafted to a team to ensure equal and competitive teams. Games only.



Sessions will be on Sunday nights,
Session I: 10/5/08 - 12/21/08

Fee: \$225

Session II: 1/4/09 - 4/5/09

Fee: \$245



Youth Indoor Soccer Programs at the McConnell Center 516-6401

Lil' Kickers (Ages 4&5)

This will be an introductory indoor soccer program held at the McConnell Center for children ages 4 & 5 (MUST be 4 by the first date of the session!). This program will focus on soccer fundamentals, and serve as an introduction to the sport for this age group. Each session consists of four classes, held on consecutive Saturdays.

Fall Sessions:

September 6 - 27th; October 4 - 25th

9:00am - 9:45am or 10:00am - 10:45am

*Please note that the October session will cover the same skills as the September session.

Spring session:

March 7th - March 28th

1:00pm - 1:45pm or 2:00pm - 2:45pm

Fee: \$25/residents; \$40/non-residents per session.

Please note that we may ask to see a copy of your child's birth certificate to verify eligibility!

Spring Indoor Soccer (Ages 6-8)



This six week program focuses on basic soccer fundamentals. The program runs from March 7th through April 11th and is offered to children ages 6-8 (as of 3/7/09). Each week is broken up into instruction and scrimmage time. All sessions are held at the McConnell Center Gym. There will be an 8:00am-9:30am and a 10:00am-11:30am session. Participants will receive a t-shirt.

Fee: \$45/resident; \$60/non-resident



Hoop it up at Dover Rec!!! Grades K-12



We offer basketball programs for all ages! Each program has an emphasis on skill development, good sportsmanship, and having fun! Due to limited gym space, some programs are limited to Dover residents. Where indicated, eligible non-residents may sign up if there are available spots. Eligible non-residents for our basketball programs are non-residents that have their child(ren) enrolled in a Dover school. This includes any city public school as well as St. Mary's Academy, Portsmouth Christian Academy, and St. Thomas Aquinas High School.

More detailed information on all programs is available at www.ci.dover.nh.us/recreation or call 516-6401.

Lil' Shots (Grades K-2) 1/3/2009 - 2/21/2009 (Saturdays): We offer an 8:00am and a 9:00am session, each lasting approximately 45 minutes. This program is taught using stations. There is a maximum of 60 participants per session. Signups for residents begin September 1st. If space is available, eligible non-residents signups will begin November 1st. Fee: \$45/resident; \$60/non-resident

Midget Basketball (Grades 3 & 4) 12/6/2008 - 2/21/2009 (Saturdays - not held 12/27): Each week will be broken up into instructional and scrimmage time. Signups for residents begin on September 1st. If space is available, eligible non-residents signups will begin November 1st. Fee: \$50/resident; \$65/non-resident

House League (Grades 5 & 6): This is an in-house league that plays the majority of their games on Saturday mornings, with practices held during the week. Each team practices twice per week, and games are scheduled to start on December 6th. We will start this program with a skills clinic before we draft teams. The goal of the player draft is to try and balance the teams to ensure a competitive league.

Skills Clinic: Saturday, November 22nd at Garrison Elementary School

8:00am-9:00am: 6th grade boys

9:00am-10:00am: 5th grade boys

10:00am-11:00am: 5th & 6th grade girls

Pre-registration is strongly encouraged. If you cannot attend on November 22nd but are interested in signing your child up, please do so ahead of time! If you sign up after November 22nd, we cannot guarantee a spot will be available on a team. Fee: \$60/resident; \$75/non-resident.

Junior High Basketball (Grades 7 & 8): If we have enough players enrolled, we will have an in-house league. If we do not have enough to form an in-house league, then we will be competing against neighboring towns/cities. Each team will have two practices per week and a game on the weekend. If you play on your school team, then you are not eligible for this program. Skills clinic for this program is Saturday, December 6th at the McConnell Center. Boys are from 3:00-4:00pm and girls are from 4:00-5:00pm. Pre-registration is strongly encouraged. Fee: \$60/resident; \$75/non-resident.

Girls High School Rec Basketball (Grades 9-12): This program will begin with a clinic day on Saturday, December 6th from 2:00-3:00pm at the McConnell Center. There will be two practices per week with games on some evenings and weekends. This is a great opportunity to continue playing against area teams (those playing for their school team are not eligible for this team). Space is limited; we may have tryouts if interest is high enough. Fee: \$60/resident; \$75/non-resident

Boys High School Rec Basketball (Grades 9-12): Teams will practice and play both during the week and on weekends. There will be a mandatory skill clinic on Saturday, December 6th from 1:00-2:00pm at the McConnell Center. Those playing for their school teams are not eligible for this program. Space is limited; we may have tryouts if interest is high enough. Fee: \$75.

Adult Basketball Leagues:

Seacoast Women's Basketball League: This league is for women 18+ and out of high school. Games are played on Sunday afternoons. This is an "enter your own team" league. Captain's meeting to be held in early October - call 516-6401 and ask for Krista for more information.

All Men's leagues take individual registrations and draft teams. Each league has a maximum of 54 players/6 teams. Registration forms will be available for all leagues at the McConnell Center by the beginning of October.

Men's 18+ Basketball League: Games are played on Sunday mornings and Thursday evenings. Games will start around November 9th.

Men's 35+ Basketball League: Players must have reached their 35th birthday by December 1, 2008. Games are played Monday evenings. Games will start December 1st.

Men's 50+ Basketball League: Players must have reached their 50th birthday by February 28, 2009. Games are played on Wednesday evenings. Games will start December 3rd.

McConnell Center - Fitness Areas - 516-6401

We have a dance/aerobics studio, a cardiovascular workout room, a fitness room complete with medicine balls and core/stability balls, a room with a Cybex circuit, and a room with free weight equipment.

Fall Hours (Fitness facilities):

Monday through Thursday: 7am-9pm; Fridays: 7am-5pm

Saturdays & Sundays: 9am-4pm

We also have a **basketball court** with open gym times! Gym times change frequently throughout the fall and winter, as our basketball leagues get started, so please call for availability!

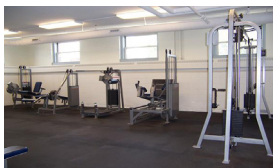
Fall Open Gym Times (Basketball Court):

Youth Open Gym: Monday - Thursdays 2-6pm; Fridays 2-5pm

Adult Open Gym: Mondays - Fridays 11am - 1pm

Men's Open Gym: Mondays & Wednesdays 6-9pm

Women's Open Gym: Tuesdays 6-9pm



McConnell Fitness Center & Basketball Court Rates

RESIDENT	Daily	Punch Pass (14 visits)	6-Month Membership	Yearly Membership
Adult	\$5.00	\$50.00	\$60.00	\$100.00
Senior	\$3.00	\$30.00	\$36.00	\$60.00
Youth	\$3.00	\$30.00	\$21.00	\$35.00
NON-RESIDENT				
Adult	\$10.00	\$100.00	\$150.00	\$250.00
Senior	\$6.00	\$60.00	\$60.00	\$100.00
Youth	\$6.00	\$60.00	\$60.00	\$100.00

Schedules are subject to change - please call 516-6401 for availability!!!

Adult Fitness

We are offering Pilates and Body Sculpting classes for adults!

Session dates and costs can be found online at <http://www.ci.dover.nh.us/recreation> or call 516-6401 for more information!

Dover Indoor Pool - Call 516-6441 for more information

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird 5:30-8:30am					Program/Rental 7:00-11:00am	Masters Swim 9:00-11:00am
Hydrofitness 8:30-9:30am	Lessons/Rental 8:30-9:30am	Hydrofitness 8:30-9:30am	Lessons/Rental 8:30-9:30am	Hydrofitness 8:30-9:30am		
Therapy Swim 9:30-11:00am						
Adult Swim 11:00am-1:00pm						
Rental/Lessons 1:00-2:30pm						
Recreational Swim 2:30-4:00pm* (until mid-November)						
Program Rental 4:00-7:00pm	Program Rental 4:00-6:30pm	Program Rental 4:00-7:00pm	Program Rental 4:00-6:30pm	Program Rental 4:00-7:00pm	Program Rental 4:00-6:00pm	AA/MS** 4:00-5:30pm
Program Rental 7:00-8:00pm	Masters Swim 6:30-7:30pm	Program Rental 7:00-8:00pm	Masters Swim 6:30-7:30pm	Rec Swim 7:00-9:00pm	Rentals 6:00-11:00pm	
Rec/Adult Lap^ 8:00-9:00pm	Rec/Adult Lap^^ 7:30-9:00pm	Rec/Adult Lap^ 8:00-9:00pm	Rec/Adult Lap^^ 7:30-9:00pm	All children under 45" tall must have an adult in the water with them.		

^The Dive Well may be closed during certain times (ie, LGT or WSI), Rec, Adult 2 lanes, WSI 2 lanes

^^*3 lanes available for Adult Lap

**AA = Adapted Aquatics; MS = Mighty Seals

Free Swim for Dover residents on Tuesdays from 2:30-4:00pm

Please call or visit the indoor pool to get the most up to date schedule! (603) 516-6441

REC SWIM: No lane lines will be in. There is no swimming in the dive well at this time except normal diving board rules; going off the board and swimming across. No equipment is allowed in the pool, except for our life jackets. Children wearing one must have a parent in the water with them. Parents may not catch children going off the board at either time, nor should any child go off the board with a life jacket, bubble, or any other equipment.

Children ages 3 and under are required to wear a swim diaper while swimming. Swim diapers are available for \$2.00 each. Thank you for understanding!

Dover Indoor Pool Rates

RESIDENT	Daily	Punch Pass (14 visits)	Yearly Membership
Adult	\$5.00	\$50.00	\$150.00
Senior	\$3.00	\$30.00	\$60.00
Youth	\$3.00	\$30.00	\$60.00
NON-RESIDENT			
Adult	\$10.00	\$100.00	\$300.00
Senior	\$6.00	\$60.00	\$120.00
Youth	\$6.00	\$60.00	\$120.00

American Red Cross Swim Lessons

Our Infant Toddler class is for children ages 6 months up to 3 years old. This is a wonderful course that may help your child to become more comfortable in and around the water. Parents and children go into the water together and under the direction of an instructor to learn simple exercises and skills.

Our Preschool program is for children ages 3 up to 5 years old. Classes are broken down into Beginner Preschool and Advanced Preschool. The main difference between the two levels is that the children work on skills with support (noodle, barbell, instructor, etc.), and the Advanced preschool is for those children that are performing those skills independently.

The ARC Learn to Swim program is for children ages 5 and up. The American Red Cross has recently changed their program outline and the following changes apply. The program is broken up into levels 1-6 and the preschool classes are now only 30 minutes long instead of 40.

Please see skill section to see a breakdown of the critical skills of each level. We will take registration until a class is full. The classes will be filled on a first come-first served basis. Feel free to call with any questions regarding the availability of a class or registration procedure. Lesson rates: Residents: \$45; Non-residents: \$60



Swim Lessons

Weekday and weekend lessons available for each season!!! Each season we will provide a registration packet detailing dates, times, and classes!

All registration dates begin at 1pm!

Fall Lessons

October 5 - November 8

Information packet available

Registration dates for Fall session:

Residents begin September 13th.

Open registration begins September 20th.

Winter Lessons

Information packet available: December 20th

Registration dates for Winter session:

Residents begin January 3rd

Open registration begins January 10th

Spring Lessons

Information packet available: February 16th

Registration dates for Spring session:

Residents begin February 28th

Open registration begins March 7th

Hydrofitness

Hydrofitness is a medium impact water aerobic workout designed to keep you moving and to elevate your heart rate. It is open to all ages and swimming abilities.

Please call (603) 516-6441 for more information!

Skills REQUIRED to pass!

These will give you an idea of what level to register for.

Any questions? Please call us!

LEVEL 1: Fully submerge face, front and back float, swim on front and back 5 yds unassisted.

LEVEL 2: Combined arm and leg action swim for 5 yards, back and front floats for 5 seconds independently.

LEVEL 3: Sitting and kneeling dives, butterfly kick and body motion, HELP and Huddle positions, swim 15 yards with rotary breathing.

LEVEL 4: Treading water, swim front crawl for 25 yards, entire butterfly stroke.

LEVEL 5: Shallow dive, pike and tuck surface dives, front crawl for 50 yards, breast stroke for 25 yards, sidestroke.

LEVEL 6: Swim 50 yards of each of the 6 strokes, flip turns, survival swimming, 500 yard continuous swim using all 6 strokes.

MASTERS (September - June)

Tues./Thurs. 6:30-7:30pm

Sundays 9:00-11:00am

This is an ongoing program established for adults ages 19 and up. It is for anyone who enjoys swimming and wants a good workout but can't seem to organize one themselves!



Fee: Resident: Non-resident:

Daily: \$5.00 \$10.00

Ask us about our Masters Memberships!!!

Saturday Night Out - McConnell Center Gym (FREE!!!)

November 1st - May 2nd 7:00pm-11:00pm

Ages: High School - College

Come play basketball or just spend time with your friends.

Please use the St. Thomas St. Gym entrance (Door #6)



Celebrate the Holidays with Dover Recreation!

Santa Calling Program

Monday, December 8th:

6-8pm

Tuesday, December 9th:

6-8pm

This popular Santa Calling Program is co-sponsored by Dover Rotary. Ages Toddler through 6+ years. Santa forms can be picked up at all recreation facilities starting November 10. Deadline is Saturday, December 6th at Noon!



23rd Annual Living Christmas Tree Lighting

Henry Law Park - Saturday, December 6

Dover Recreation celebrates the Living Christmas Tree Lighting. Everyone meets at the Christmas Tree in Henry Law Park at 5:00pm. If you like, please bring a weather appropriate ornament to hang on the tree. Tami Burns and the Joyful Belles will sing. Santa and Mrs. Claus will be special guests...
Ho, ho, ho!!!

CITY HALL GENERAL INFORMATION	516-6000
Community Services Administration Douglas Steele II, Director	516-6450
Environmental Programs/Solid Waste	516-6073
Recycling	516-6073
Water/Sewer Billing	516-6028
Highways	516-6450
Facilities and Grounds	516-6480
Engineering	516-6450
Cemetery	516-6481
Recreation - McConnell Center Gary S. Bannon, Director	516-6401
Dover Ice Arena	516-6060
Dover Indoor Pool	516-6441
Dover Community Senior Center	516-6436
Dover Community Senior Center Travel Desk	516-6437

Check us out on the World Wide Web at: www.ci.dover.nh.us